

Disclosed is a self-treatment process and system for periodontal patients with gingival detachment of about 3 mm and greater comprising regularly removing biofilms from various supragingival, interproximal and subgingival surfaces, wherein “soft abrasives” are physically worked into the biofilms using toothbrushing, proxy brushing and flossing. The process is also used to help control those inflammation related substances resulting from gum disease that are associated with heart disease.